

**Linda Clair**  
**Seven-day Meditation Retreat**  
**Kallara Conference Centre – September 2019**  
**Transcription from Audio Recordings**

**File 2c – Sunday morning discussion session**

Linda: How are you?

Question: I'm good. It feels a bit different this retreat, I think, because I've got a bit more space. I had a very strong experience last night in the last sit of feeling really embodied and not thinking, which is really unusual for me to not have thoughts running through, being with the breath and the body. There was pain and all of that but there wasn't any relationship to it that had a comment. I could feel myself shifting off into the thinking and then being able to come back to the body without thinking being dominant in a way that it hasn't before. Different today, work today. But it was a really, really strong experience of feeling embodied in a way that was amazing.

Linda: Great, so just keep working. Don't try and repeat it, but having something like that makes you realise it's possible in *your* body. That's the big thing about it when something like that happens in you – it's in *you*, not just in someone else, and you know it's real. It's much more real when it's in your body, when it's embodied like that.

Question: It was incredible freedom, a sense of real freedom. It was the first time I experienced thinking not being something I have to engage with, at all. So it was like, "More! You really like this."  
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Linda: This is possible.

Question: "...I really want it." So today's been crunchy work.

Linda: Yes, so just work. What happened last night was the result of work. Keep slogging and you start to get things like that happening. Good.

Linda: Any questions, comments? I'm not doing interviews so if you've got a question you need to get over any shyness and just ask.

Question: I'm just in two minds about how to go about letting go of the thoughts as they come into consciousness. I've been testing out a few ways. The first way was looking at the feeling connected to the thought and saying, "Okay this is not a thought, this is this feeling making me think this," and then letting it go through that. Then the other one was just saying, "Okay, I'm thinking, let's not do that and let it pass." I just wasn't sure how long to stay on one thought before letting it pass.

Linda: I would say spend as little time as possible on any one thought. So as soon as you see it and realise that you are thinking, come back to your body – just simply come back to your body. Don't worry about feelings, or what you feel about it or whatever. Just bring your attention back to the breath in the abdomen. Or if you've got a really strong sensation in your body, use that to come

back to your body. See the thinking as this movement – a movement away from where you actually are; you're here in your body.

So you'll have different feelings associated with different thoughts and it doesn't really matter. It doesn't really matter what you're thinking about. That's just the bait to get you away from your body. So if you see it as the bait then you go, "No, I'm not going to let myself get carried away." Of course sometimes you want be able to help it because it is such a deeply ingrained habit.

It's not like you're saying, "No, it's bad to think. I shouldn't be doing this." Rather go, "I'd prefer to be here, in my body. I want something more real than thinking." That gives you that bit of a separation to be able to see what this thinking process is all about. And really what it is, is just a repetition of past experiences. You're going over something that has happened in your experience, because you can't think about something that hasn't happened. You can try and use your past to project onto what you see as the future, but really you can't think about *nothing*. There's nothing to think about.

It takes a superhuman effort at times to not engage in the thinking because it's so tempting and there's such a strong emotional drive and connection with it, whether it's an unpleasant thought or a pleasant thought. It's just this thinking process we need to see, this habit, and start to break it by using the sensations in your body, whatever they are, whether they're pleasurable, painful, whatever.

But do anything to try to come back to your body. Did you try the counting?

Question: Yes, I found that really helpful. As the practice went on it was a lot more difficult to stay with each breath. But it really helped to get back to where I wanted to be.

Linda: So use that, particularly at the beginning of the sit, and be quite firm with it. You might be sitting there and suddenly you realise your mind's going crazy – it's good to use it then for a while, or whenever, whenever you feel to use it. So experiment.

It's not pushing away the thought. It's not "Ah! Thinking – bad. I'm not supposed to do that." It's rather turning it around, seeing it, seeing that you're thinking and going, "No, I prefer to be here." And that becomes more natural and attractive. Many times it will be very difficult to come back because it's not particularly comfortable at times being in your body. But it has got this very solid, more real feeling.

Of course, ultimately your body is even not real, but it's the doorway to reality, it really is, to everything you've even wanted. So thinking is an out-of-body experience, it's not being in your body. It's very, very attractive at times but really this is where you want to be, and you have to keep proving that to yourself. But it's hard work so just keep persevering and ask questions like this when you're unsure too.

Linda: So with the walking meditation, I've noticed a lot of people put their heel down first, and it's very tempting to do that because that's how we normally walk. But with the walking meditation it's better to put the toes down first and really feel the sensation of the foot touching the ground, lifting. If you do it like that it's not like you're going boom, boom, boom – it's more a fluid movement.

[There were some problems with Linda's mic during the following exchanges]

Question: Linda, this morning I felt as if I was going to faint, in that session before last. So I had to go away and lie down. Is it because my body's old and weak that it can't stand the energy?

Linda: No, I wouldn't say so. It might have something to do with it but not really, no.

Question: Am I resisting it then?

Linda: There's probably... I mean, there is a bit of resistance there until the end. But don't see resistance as a dirty word, it's not a bad thing. It's necessary, it protects you, the resistance. So you felt like you were going to faint?

Question: Well, I felt I could have easily fainted.

Linda: But you didn't?

Question: I had to put my head down so then I thought I'd better go and lie down which I did and now I feel much better.

Linda: You might have been just a bit tired. I don't know. It could have been partly that you're older but you're in good nick, probably better than some people. So do that, go and lie down and see how you feel. It could be just an excess of energy but it doesn't necessarily have anything to do with your age. I'd say it did have a lot to do with the energy, just a lot coming in.

And you can often feel that particularly the first day or two when it's a bit of a shock, and it can affect you. So the energy can at certain times be very hard on the body. It can even make you a bit sick, but I'm loath to say that because people will go, "Oh, I'm sick because of this energy," and it's not. But towards realisation you can get a bit sick from it, it can be so much stress on the body that you can tend to get a bit sick.

Question: I suppose it depends on different people; some people wouldn't feel ill from it.

Linda: I'd say most people would, whatever condition your body is in health-wise. It's not really to do with physical health so much, it's something else. But it can affect it like that because it's this non-physical energy – it's not physical – being absorbed by this physical body, and this physical body is nothing compared to this amazing energy. It's just this little puny thing trying to absorb this universal energy. It's huge! And it's coming into this body. So physically it doesn't matter how fit you are, that doesn't really affect it that much.

Question: So what sort of energy is it? (laughter)

Linda: Pure energy that's timeless. Now. It's now. And now is so intense and so fast – I mean it's just indescribable. It's impossible to describe it. It's pure universal consciousness, intelligence, love, everything, contained in this moment. So that's what we're doing – we're containing it in this body.

That's why you're here, in this body, to realise that, to realise what this energy is and to realise your own potential. Not just to follow someone else, but to realise your own potential. And if you do that before your body dies that's the ultimate thing you can do for anyone on this earth.

Question: Does that energy you're talking about come in automatically just because you've cleared the space for it? You don't have to actually do anything, look for anything? There's nothing else except clearing the space, clearing the decks for it?

Linda: Yes. So your body becomes more spacious when it gets cleared out of your past, and that allows the energy to just come in.

Question: Can you describe anything of that process that happened for you? I know you have; I don't know what I'm asking really.

Linda: Ask me something more specific.

Question: I don't know if I've got one I can put into words.

Linda: You want a story don't you.

Question: No, not really, I want understanding that I don't have.

Linda: You don't need to understand, and understanding is not going to do you any good. What good is it going to do, understanding this process when you're sitting there seeing the thinking coming back, understanding it? You can't really understand it. You can realise it. That's much more valuable than understanding. And you're going to realise that in your body, not with your intellect.

Question: I know that there's quite deep shifts happening for me at the moment and I feel very confused by that.

Linda: Confused?

Question: Well, I suppose that's what I'm seeking in a way is the reassurance that by doing the process of grounding and making the space, then I have to trust that whatever shifts and happens in that space is what's meant to be happening I suppose. I don't know what I'm saying, I'm not clear what I'm asking except to...

Linda: Just trust, just trust.

Question: Yes, that's what I don't have a lot of I don't think.

Linda: I think you do, so just trust. And by the end of this seven-days there will be a deeper trust. What I did was just trust my teachers. I just gave it up. I didn't try and figure it out in the end because really, when you look at it rationally, it seems crazy. So I just trusted, just trusted them.

Question: I feel like there's space happening in me but I don't know what fills that.

Linda: And do you need to fill it up with something?

Question: I don't know, I don't know. I suppose that's what was asking. Or maybe it is a story I was asking for.

Linda: You don't need to know. You don't need to know. Just trust.

What D.? You've got this look on your face. (laughs)

Question: It's just a look. (laughter)

Linda: You don't have to say anything.

Question: I'm in the same boat as C. I don't know what's going on. I'm still trying to understand it but even that's not working so I don't really have anything to say.

Linda: So you're not the only one C.. Does that feel better?

Question: Yes. Thanks D. (laughter)

Linda: That's what I felt. I just felt, "I don't know what's happening," and I just got on with it. There was something in me that just kept me going. But no, I didn't know what was happening.

Question: But something is happening, there's no doubt about it, even if we don't know what it is.

Question: That's from a Bob Dylan song.

Linda: What? A Bob Dylan song?

Question: *"You think there's something's happening, but you don't know what it is..."* (laughter)